

Propositions

Deadlift challenge vol.4

General Provisions:

Organiser:	Doplnejch z.s.
Date:	Saturday 2nd May 2020
Venue:	Pod Harfou 9, 190 00 Praha 9 – Vysočany
Applications:	Send by April 24, 2019 at the website deadlift.cz. Application for the competition must contain all information according to the rules given on deadlift.cz. Competitors who are not registered in time or have not paid the entry fee will not be admitted to the competition.
Information:	doplnejch.office@gmail.com

Technical Provisions

Starting fee:	EUR 25 EUR 30 from od 1st February 2020
Regulation:	The competition is in accordance with the rules of Doplnejch z.s. and in keeping with the idea of Fairplay. Athletes serving the doping penalty may not participate in the competition.
Condition of participation:	Reaching the age of 15, timely and properly submitted application form, paid entry fee and identity card.

Choir of officials

Competition Director:	David Lupač
Announcer:	Milan Peleška
Paramedic:	Tereza Korecká
Registerers and loaders:	Members of organisation Doplnejch powerlifting
Technical Support (IT):	Zdeněk Tuháček
Main Referee:	Petra Švadlenková
Side Referees:	Kryštof Veber,

Timetable

Presentation and Weigh-in:	will be specified
Division into groups:	will be specified
Competition:	will be specified
The announcement of the winners will start after the competition.	
The expected end of the competition is subject to change.	

Categories:

- Junior Women under 23 (1997 and younger) - rating by Wilks points
- Women -rating by Wilks points
- Amateur Men under 90 kg - rating by maximum performance
- Amateur Men above 90 kg - rating by maximum performance
- Junior Men under 23 let (1997 and younger) - rating by Wilks points

- Men under 85 kg - rating by maximum performance
- Men under 105 kg - rating by maximum performance
- Men above 105 kg - rating by maximum performance

Titles and prizes:

Competitors in the first 3 places in the category will receive a cup and prizes. In absolute ranking according to Wilks' points the best men competitor or women competitor will be evaluated.

Competition Rules:

1. Competitors are not obliged to wear a singlet, sportswear is mandatory. The use of superdres is prohibited. The use of magnesium on the hands and thigh powder is permitted. The use of hooks, etc. is prohibited.
2. Competitors must wear sports shoes on their feet. It is forbidden to compete only in socks or barefoot.
3. The competitor must face the front of the competition space. The barbell must lie horizontally in front of the competitor's legs, grasped with both hands at will and lifted to an upright position.
4. At the end of the attempt the knees must be stretched and the competitor must stand upright with the shoulders pulled back.
5. The Main Referee signal consists of a downward movement of the arm and an audible "DOWN!". The signal will not be given until the competitor holds the barbell without any movement and has taken the prescribed final position. The Referee may give a 'DOWN!' command even if the competitor is clearly unable to take the prescribed final position despite all efforts.
6. Any barbell lifting or intentional attempt to do so is counted as an attempt. Once the attempt has been started, there must be no drop of the barbell until the competitor has an upright posture with his legs stretched in his knees. The drop of the barbell due to the shoulders pulling back when the attempt is completed is not a reason to recognize the attempt as invalid one.